

# Ask the Experts

Katy families' questions answered by local experts



Dr. Ethan Brown  
ER Katy  
25765 Katy Fwy.  
281-395-9900 | [erkaty.com](http://erkaty.com)  
See ad on page 3

**Q: If my child has a high fever and no other symptoms, what should I do?**

Often parents and doctors are concerned by a child developing a high fever with no other symptoms. In some cases, the fever is due to a virus and with supportive care, hydration, ibuprofen or acetaminophen, and rest, the fever goes away after a few hours or in a couple of days. The fever may be due to a more significant illness and possibly be severe. An 8-year-old who looks great after a dose of ibuprofen may just need supportive care and can be watched at home carefully by parents. An infant with a high fever will need further evaluation to make sure they do not have a severe underlying illness like meningitis, pneumonia, etc. To be on the safe side, contact your doctor if your child has a high fever. If your child's condition is concerning you, consult your doctor right away or go right to the ER.



Dr. Brett Donaldson  
Grand Vision  
1534 W. Grand Pkwy. S.  
281-693-3937 | [grandvisionkaty.com](http://grandvisionkaty.com)  
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**Q: I work on a computer and my kids are on their cell phones all day. Can this affect vision?**

Computer vision syndrome, or digital eye strain, describes a group of eye and vision-related problems that result from prolonged computer, tablet, e-reader, and cell phone use. Common symptoms include eye strain, headaches, blurred vision, dry eyes, and neck and shoulder pain. These symptoms are caused by many factors including poor lighting, glare on a digital screen, improper viewing distance, poor seating posture, and uncorrected vision problems. The extent to which an individual experiences visual symptoms often depends on their visual abilities and the amount of time spent looking at a digital screen. Most of these symptoms are only temporary and will decline after stopping computer work or usage of the digital device. Take a 20-second break every 20 minutes to view something at 20 feet to help correct your vision.



Dr. Todd Holt MD, FACOG  
Houston Methodist West Hospital  
18500 Katy Fwy.  
832-522-5522 | [houstonmethodist.org](http://houstonmethodist.org)

**Q: How important is it to take prenatal vitamins?**

Taking prenatal vitamins is important because they fill in the gap of key nutrients that you may fall short of with a regular diet. They contain more folic acid and iron than standard multivitamins.

If you have a question for our panel of experts, email [editor@katymagazine.com](mailto:editor@katymagazine.com). Special thanks to our panel of *Katy Magazine* experts - Dr. Ethan Brown, Dr. Brett Donaldson, and Dr. Todd Holt.



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